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Max Mustermann
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12345 Musterstadt
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Surname, First name Mustermann, Max

DOB 01-12-1970

Sex male

Lab number 2-4312

Report date 04-10-2021

Laboratory report

Enclosed you will find the results of your laboratory examination. In addition to your results, you will also receive a summary of the correlating effects, regarding the tested parameters. These are compiled without any knowledge on the clinical background and as such, may only be used as an interpretation aid. In case of health problems, please consult a doctor or practitioner for medical treatment and accompaniment for making the best decisions for your health. We explicitly warn against beginning, suspending, or changing any medication or therapy without consulting your doctor or practitioner.

Test: Candida Test

Sample material: Stool

Date collected: 26-09-2021

Date received: 28-09-2021

Analyte	Result	Reference Range	Result
Yeast and Fungi			
Candida albicans	10 ⁷ -10 ⁹ cfu/ml	< 10 ² cfu/ml	
Candida spp.	< 10 ² cfu/ml	< 10 ² cfu/ml	
Geotrichum candidum	10 ² -10 ³ cfu/ml	< 10 ² cfu/ml	
Mould	positive	negative	
Intestinal Milieu			
pH Value	7,2	6,2-6,8	

Sample material: Mouth swab

Date collected: 26-09-2021

Date received: 28-09-2021

Analyte	Result	Reference Range	Result
Yeast and Fungi			
Oral Candida spp.	< 10 ² cfu/ml	< 10 ² cfu/ml	

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Candida albicans

High levels of *Candida albicans* indicate deficiencies in colonisation resistance, disturbances of intestinal flora, and/or defects of mucosa. Yeasts may burden the body with toxic metabolites. *Candida* overgrowth is associated with diverse non-specific symptoms like digestive issues, fatigue, brain fog, recurring fungal infections, skin problems, mood swings, and more.

Candida spp.

There is no evidence of *Candida* spp. overgrowth. *Candida* spp. are common members of the human gut. The genus *Candida* includes around 150 species. Besides *Candida albicans* there are several other species that are also frequently isolated as causative agents of *Candida* infections (e.g. *C. glabrata*, *C. krusei*, *C. lusitaniae*, *C. parapsilosis*, and *C. tropicalis*).

Geotrichum candidum

Geotrichum candidum levels are higher than the reference range. It is a fungus which is a member of the human microbiome and reaches the intestine through food. Slightly elevated levels of *G. candidum* may cause allergic and asthmatic reactions.

Mould

Increased levels of mould were detected. Mould spores enter the intestines with food. The main sources of mould exposure, however, are from the indoor air in buildings with substantial mould growth. Due to the lack of oxygen in the intestine, they cannot normally cause mycosis there. The mould spores themselves are usually harmless — if one is in good health. People who are sensitive or allergic to mould develop symptoms like respiratory distress. Also, exposure can trigger infections in the skin, lungs, eyes, and other organs.

pH Value

An alkaline faecal pH indicates an imbalanced intestine flora. An alkaline faecal pH indicated an imbalanced intestine flora. It is possible that proteolytic putrefactive germs are predominant, which raise the faecal pH by secreting alkaline metabolites (e.g. due to a high-protein diet).

Oral Candida spp.

The enclosed mouth swab showed no or low amounts of facultative pathogenic yeasts. At normal levels, fungi are not problematic since the healthy bacteria of our mouth flora keep the fungi under control.

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